



[www.myhealth.va.gov](http://www.myhealth.va.gov)

My Health, My Care: 24/7 <sup>Online</sup> Access to VA

# *Caregiver Assistance*

**Anywhere, Any Time Internet  
Access to VA Health Care**

[www.myhealth.va.gov](http://www.myhealth.va.gov)



Veterans Health Administration

## My HealtheVet Expands Service to Caregivers

My HealtheVet understands that today's Veterans need the support of caregivers to make the most of their health care experience. My HealtheVet is pleased to introduce the Caregiver Assistance Center, designed by and for Veterans and their caregivers. The Caregiver Assistance Center, located at [www.myhealth.va.gov](http://www.myhealth.va.gov), is designed to help Veterans, family members, friends, and their health care teams achieve the best health care possible through education, research and improved patient-provider communication.

### What is My HealtheVet?

My HealtheVet is VA's award-winning online Personal Health Record. It offers Veterans anywhere, any time Internet access to VA health care. Launched nationwide in 2003, My HealtheVet is the gateway to web-based tools that empower Veterans to become better partners in their health care. With My HealtheVet, found at [www.myhealth.va.gov](http://www.myhealth.va.gov), America's Veterans and their caregivers access trusted, secure, and informed health and benefits information, at their convenience.



**Empowering  
Improving**  
24/7 Access  
to VA Information  
Caregivers  
Health Outcomes

### Key Features to Trusted Health Information at [www.myhealth.va.gov](http://www.myhealth.va.gov)

#### Medline Plus® and Healthwise®

##### Healthy Living Centers

- ★ Separation from Active Duty Center
- ★ Physical Activity Center

##### Information Services Related Conditions

##### Mental Health Learning Tools

##### Online Screening Tools

##### Diseases + Condition Centers

##### Self-Entered Personal Health Journals

- ★ Military Health History
- ★ Family Health History

##### VA Benefits & Services

## How to find the My HealtheVet Caregiver Assistance Center

Log onto to > [www.myhealth.va.gov](http://www.myhealth.va.gov)  
Click on > **Research Health**  
Click on > **Healthy Living Centers**  
Click on > **Caregiver Assistance**

Log on to  
**[www.myhealth.va.gov](http://www.myhealth.va.gov)**  
today to find out more about:

### Caregiver Assistance Information

#### Get Ready—VA Benefits

#### Support and Encouragement

#### Mental Health

Post Traumatic Stress Disorder (PTSD)—interactive learning exercises for Managing Your Stress, Managing Your Triggers, and Success at Work

#### Screening Tools and Information

- ★ Alcohol Use
- ★ Depression
- ★ Substance Abuse

#### Healthy Living Centers

- ★ Separation from Active Duty
- ★ Healthy Eating
- ★ Healthy Sleep Center

#### Health History

- ★ Personal Health History
- ★ Family Health History
- ★ Military Health History



# Register for Your

## VA Personal Health Record

- 1 Type [www.myhealth.va.gov](http://www.myhealth.va.gov) in the address bar on your web browser, and then press Enter. This takes you to VA's My HealtheVet website.
- 2 On the right-hand side of the screen, click the **Register Today** button. Complete the registration page, and review and accept the Terms & Conditions and the Privacy Policy for using the My HealtheVet website.
- 3 Log into your My HealtheVet account and begin to create your Personal Health Record.
- 4 Begin using My HealtheVet to better manage your health and access VA health care and services at your convenience.
- 5 Bookmark [www.myhealth.va.gov](http://www.myhealth.va.gov) as a favorite.



To get the most out of your My HealtheVet Personal Health Record, visit your local VA facility to get an upgraded account, known as In-Person Authentication (IPA).

### Is an Upgraded Account, or In-Person Authentication, for me?

Yes, if you want to see the names of VA prescriptions, not just the numbers; get Wellness Reminders; and be the first to access all new My HealtheVet features that will enhance your Personal Health Record. Ask about IPA at your local VA facility.



## Links on the Homepage



### In Case of Emergency

A convenient electronic log where you can record your emergency contacts.



### VA Prescription Refills

Just a few keystrokes and your medication is on its way to your doorstep.



### Medical Libraries

Access two extensive online medical libraries: MedlinePlus® and Healthwise®.



### Physicians & Providers

Keep track of all your health care providers in one convenient location.



### Vitals

Monitor and graph numerous health statistics online, such as blood pressure and blood sugar.



### Military Health History

Keep track of all your military health information.



### VA Honors

Read about VA news and features on Veterans.



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